

## **Growth through Grief: Processing Loss in Clinic – Resources:**

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Thinking about building communal grief/rounds practices through Communal Grief Values – start with the first 4 or 5:

In communal grief...

...we recognize both our differences and what we have in common as human beings, so that our individual emotional burdens can be shared and carried by our collective strength

...we intend to face our losses in our own unique way, but not alone in isolation

...we widen our sense of what we belong to

...we give and receive empathy and affirmation

...we create a holding environment for each other in which we can build safety and warmth to encourage connection

...we move toward wholeness and healing together

...we work as a team whose goal is not to be in competition, but to be in compassionate relationships

...we slow down and take the time as a group of individuals to remember and reflect on our losses

...we accept that the experience of loss affects each individual differently based upon many factors, both seen and unseen

...we come to understand that mourning our losses is a process that has no specific timetable, but that when we give it our attention, it carries us toward the possibility of transforming our lives

...we learn to allow ourselves to move through powerful phases of reaction to loss

...we mirror back to each other that love and loss are intricately woven together

...we honor the experience of coping with death as perhaps the most profound and challenging of all experiences